

An enlarged prostate doesn't need to stop you from enjoying life.

A new advance in laser prostate surgery is emerging as the treatment of choice for enlarged prostate (BPH), and it is available right here at York Hospital.

What are the symptoms of BPH? Benign prostatic hyperplasia (BPH) is a non-cancerous enlargement of the prostate and affects more than half of all men over the age of 60. Common symptoms of BPH, including frequent urination - especially at night; weak urine flow; pain or burning during urination; and starting or stopping during urination, can have a devastating impact on quality of life.

What is GreenLight Laser Therapy? GreenLight Laser Therapy is a minimally invasive surgical technique utilizing a specially designed laser light source and fiber optic delivery system to remove enlarged tissue. Its ability to offer both fast operative and recovery times, combined with quick relief and minimal side effects, is rapidly advancing this procedure beyond the more traditional "TURP" (Trans-Urethral Resection of the Prostate) procedure as the "gold standard" for treatment of BPH.

What are the benefits of GreenLight Laser

Therapy? Most patients return home a few hours after the procedure and can resume normal, non-strenuous activities within days. Urine flow improvement is usually immediate and risk of urethral damage is minimal. Side effects from treatment are usually self limiting and of short duration. The beneficial effects are expected to last 8-10 years and in some cases, even longer.

Think you aren't a candidate? Think again. Advancement in laser technology, coupled with the experienced team of surgeons at Urology Associates, broadens this treatment option to more men. Even those with larger prostates who may have been told they weren't a candidate for this procedure, and those with BPH who are also on blood-thinning medications such as Plavix or Coumadin can, in some cases, benefit from GreenLight Laser Therapy.

York Hospital offers the latest GreenLight Laser technology in a new state-of-the-art surgery center. Urology Associates of York Hospital were the first in the southern Maine and Seacoast NH area



(Front, L-R) Surgeons Brandon Stahl, MD and David Poplawski, MD of Urology Associates pose with YH Surgery Center clinical team members (Back, L-R: OR Tech Carolyn Sullivan, Dr. Jeffrey Lockhart, Marleen Page, RN and Dr. J. Brian Liddy) and the GreenLight Laser technology available at York Hospital.

to offer GreenLight Laser Therapy (introducing it in 2007), and have performed hundreds of procedures since. Our team now utilizes the new, faster XPS GreenLight technology, which offers more efficient tissue removal to allow for shorter procedure time and improved coagulation features to reduce bleeding. The technology is available in our brand new surgery center - built with privacy and comfort for our patients and their families at its central core.

To find out if you are a candidate for GreenLight Laser Therapy, please contact the area's leading experts at Urology Associates of York Hospital at (207) 351-3975 today.



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Also located at York Hospital in Wells